



**I** is for iceberg lettuce. Americans love iceberg lettuce. We eat more iceberg than any other lettuce - about 30 pounds a person, each year. It may surprise you, but lettuce is a member of the sunflower family. In the United States, most lettuce is grown in California and Arizona. The name iceberg comes from the way the lettuce was transported in the U.S. starting in the 1920s, on train-wagons covered in crushed ice, making them look like icebergs. Lettuce is also grown in Colorado, New Mexico, Washington, New Jersey, New York, Ohio and Florida. Iceberg lettuce helps make salads and sandwiches taste great!